## N. AMERICAN LEADERS MEET IN MEXICO, PG4

Sports pg 10
Strickland plans to return to Rainmen

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to date powerful women

pg 14

HALIFAX • MONDAY, AUGUST 10, 2009

#### Layton set to meet with local NDPers

next season

POLITICS Members of Nova Scotia's newly elected New Democratic government will rub shoulders with federal NDP Leader Jack Layton this week.

Layton is expected to arrive in Halifax today to meet with Premier Darrell Dexter and tour some of the province's ridings before attending the federal NDP convention this Friday at the World Trade and Convention Centre in the downtown core.

Ridings Layton plans to see leading up to this weekend's convention include Chester-St Margaret's and Lunenburg, a news release said yesterday. "I am thrilled that New

"I am thrilled that New Democrats from coast to coast to coast will be gathering in Nova Scotia next week," Layton said in the release. "This is a beautiful province with wonderful people and each of these communities has a story we need to hear."

METRO HALIFAX



Saskatoon's Brett McCormick leans through a turn early in the Parts Canada Superbike Championship race at the Atlantic Motorsport Park yesterday. McCormick won the race ahead of Ontario's Jordan Szoke. Story, pq 10

## Cops suspect arson

#### Fire trucks called out to same building twice on weekend



## More bodies found in crash

#### Entertainment pg 13

Hughes the king of movie soundtracks

KRISTEN LIPSCOMBE
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gg
Emergency crews were

called to the same
Dartmouth apartment
building for the second
time in three days early
yesterday morning to deal
with what appears to be arson.

And they're not thrilled about it.

John MacNeill, acting platoon chief for Halifax Regional Fire and Emergency Service, said three trucks and 14 firefighters responded to the complex at 25 Highfield Park Dr. just after 2 a.m., to find someone had apparently sparked a blaze in a garbage can, which spread to the nearby wall.

No one was hurt, and there was little damage done to the building itself despite the "heavy black smoke" that billowed from the laundry room through the third floor hallway, MacNeill said.

But someone easily could have been hurt, he said, adding firefighters could have missed out on a more serious call. "It ties them up when (they) could be doing something else

ing something else.
"It's dangerous," he said.

"Anything could wrong."

Paramedics and police officers also responded to yesterday's suspicious fire, helping evacuate residents who were ripped from their sleep.

Sgt. Gordon Graham of Halifax Regional Police said yesterday a second small fire had started in the building's south stairwell, but it went out on its own

but it went out on its own.

"Someone was just holding a match or a lighter to the wall." he said.

MacNeill said the investigation was handed over to police so they can pinpoint the person or people responsible.

metronews.ca

Emergency personnel also ended up at that apartment last Thursday, at about 1:50 a.m.

"It was pretty much the same thing," Graham said. "Flyers in a garbage can were set on fire," this time in the second floor laundry room. A tenant was able to grab a fire extinguisher and knock the blaze down, police said.

MacNeill said he would "venture a guess" the assailants are the same in both cases, but added "it could be copy cats, it could be kids, it could be tenants — who knows."

## Sidney, Cup storm Halifax

PHILIP CROUCHER
philip.croucher@metror

STANLEY The Cup has left town, but it's left behind countless memories — both for Sidney Crosby and the thousands who came out to see both him and Lord Stanley's mug.

Crosby's 48-hour journey with the Stanley Cup took place Friday and Saturday, with Day 1 a public celebration and Day 2 a private affair.

Crosby's time with the Cup on Saturday reportedly included him taking it to specific people who have played a big part in his life. Then, Saturday night, the plan was for him to take the Cup to his parents' home for a barbecue with bis family.

his family.
Tens of thousands came out to see Crosby and the Cup on Friday, including an estimated 65,000 for an afternoon parade through his hometown of Cole Harbour. The Cup arrived in the Halifax Regional Municipality on Friday at about 9 a.m. when Crosby flew in on a Sea King Helicopter and landed on HM-CS Preserver at the Halifax dockyard.

"It was just bigger and better than I ever could've dreamed," Crosby told reporters Friday. "Seeing all the signs and everything (in the crowd), you can't really measure that as far as how much it means to you."

MORE COVERAGE, PG 3



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#### MLA urges litter cleanup before canoe championships

The Liberal MLA for Dartmouth East is urging the province to clean up litter on Highways 111 and 118 before the World Canoe Championships start Wednesday. Andrew Younger, also an environment critic, said in a news release yesterday the garbage near Lake Banook will damage Nova Scotia's reputation and is unfair to the community. METRO HALIFAX

## Local



#### Trailer Park Boys' film festival debut

Julian, Ricky and Bubbles are back with a new movie that will be premiered at the 29th Atlantic Film Festival's opening gala Sept 17. Trailer Park Boys: Countdown to Liquor Day follows the trio after they're released from prison. A limited number of VIP tickets to the gala screening at the Oxford Theatre and opening night party at the Halifax Metro Centre go on sale today for \$100 each at atlanticfilm.com. The festival runs through Sept. 26.

## Sexual abuse victims settle with diocese

### \$13 million in compensation agreed upon; bishop formally apologizes for suffering

PAUL MCLEOD naul mclend@metronews.ca

Victims of sexual abuse and a Nova Scotian Roman Catholic Diocese announced they've reached a \$13-million settlement Friday.

The settlement is designed to compensate the victims of sexual abuse by Catholic priests while althe Roman Catholic Diocese of Antigonish to avoid bankruptcy.

Ronald Martin, who said his abuse started at the age of 13, started the class-action lawsuit. In 2002, Martin's brother took his own life and in a suicide note revealed he too had been sexually assaulted as a

"When I found out about that suicide note and what had happened, I made a promise to him that his death would not be in vain," Martin said.

"That's been a promise that was very, very difficult to keep. Many times in the last seven years it would have been very easy to walk away.

"But now, today, I feel like I fulfilled that prom-

Martin and his lawyer, John McKiggan, are encouraging others who suffered abuse to contact them and make a claim. So far they've already heard from two-dozen people.

#### **More info**

• The agreement must still be approved by a judge. It covers cases dating back to 1950. Those wishing to make a claim can find information dioceseclassaction.com.

Four former priests in the diocese were convicted of assault, though the real number is alleged to be

McKiggan praised the Antigonish diocese Friday for working with victims.

have "There Catholic Church priestabuse scandals we're all aware of ... In my experi-ence the strategy ... that the church has followed in the vast majority of these claims is to fight the survivors vigorously," McKiggan said.

"This is an extraordinary resolution of claims

against the church that is unprecedented in Canada and, I think, in North America."

On behalf of the diocese, Bishop Raymond Lahey formally apologized to victims, saying no amount of money could undo the damage that was done.

"I want to express to you in a personal way my most sincere regrets for the abuse that you and other members of your family have suffered."

### Sun a welcome sight for Shakespeare festival | Man dies while taking

HILARY BEAUMONT

Lying on their backs on a yellow blanket in the afternoon sunshine at Point Pleasant Park yesterday, Caitlin Stewart, Cadence Allen and Mary Fay Coady warmed their voices up before Jack and Beanstalk. All the three women performed in Shakespeare By the Sea's version of the classic story under sunny skies.

"One by one and two by two and three by three, they chanted, all the way up to 15 in a single breath. It's a breathing exercise that helps them prepare for the play.

"Shakespeare By the Sea is definitely a weather-ori-ented company," Stewart said once she'd finished the exercise. The company relies on sunny weather to entice theatre fans down to the park.

Although this week has seen blue skies for the most part, rain has put a damper on the festival overall this summer. When there's rain in the forecast, the show moves inside.

"It's been terrible, Coady said.

Stewart added: "It's been getting better, but the be-



Clockwise from bottom left: Caitlin Stewart, Cadence Allen and Mary Fay Coady sprawl out on a blanket under the summer sun yesterday, warming up their voices before performing Jack and the Beanstalk as part of Shakespeare By the Sea in Halifax's Point Pleasant Park.

#### **Forecast**

 Despite ideal weather for the past few weeks, Environment Canada says Haligonians can expect wet weather today through Wednesday, with the sun forecasted to reappear Thursday, bringing more temperatures in the mid-20s.

ginning of July was pretty awful for us."

There's been more rainfall in Halifax from May to August this year versus last year, according to Environ-

ment Canada. Last August, Halifax saw nearly 300 milimetres of rainfall more than May, June and July of that year combined.

Jeffrey Hale, with hockey

sticks protruding from his backpack, walked down to lack and the Beanstalk to meet his girlfriend and her daughter. He spent Sunday morning playing ball hock-

ey.
"It couldn't be more perfect ball hockey weather," he said. "A warm breeze. It's great."

Hale said he mainly played hockey in the rain this summer and he was glad to see the sun again.

### New Hampshire teenager killed in vehicle collision on highway

FATALITY A teenage girl from Londonderry, N.H., was pronounced dead on scene of a two-car crash involving a Lincoln Navigator and a Subaru station wagon Saturday on Highway 104 near the

Cobequid Pass toll booth. Both vehicles were travelling west on the highway at about 9:30 a.m. when the Navigator veered into the passing lane, striking the station wagon. The Navigator lost control and

careened off into a ditch where it rolled once, say Colchester County RCMP.

The 16-year-old victim was thrown from the Navigator, police said, adding her mother was behind the wheel and transported to

hospital with serious injuries. The station wagon's driver was not hurt. Police said road conditions were clear at the time of the collision and alcohol isn't believed to have played a TRURO DAILY NEWS

## swim in Kearney Lake

INVESTIGATION A man believed to be about 50 years old died Friday evening while swimming in Kearney Lake. Halifax Regional Police

said a woman visiting the beach spotted the man entering the water, but she became worried when "she did not see him come out of the water for an extended time.

Police said officers found the man's body "several feet from shore" at about 7:20 p.m. Members of Halifax Regional Fire and **Emergency Service showed** up with a fire boat and retrieved the deceased man from between 10 and 15 feet of water.

A medical examiner also arrived on scene and an autopsy was to be conducted, police said, adding that will determine whether the death was due to drowning.

Police had no update on autopsy results as of yesterday evening.

METRO HALIFAX

#### Car crash sends drivers to hospital

**COLLISION** Emergency workers had to use the laws of Life to rescue one person who was hurt in a two-car crash Friday in Antigonish County, police said

An RCMP news release said police, paramedics and a fire crew responded to the collision at the intersection of Highway 104 and Beech Hill Road, which sent the drivers of both vehicles to St. Martha's Regional Hospital in Antigonish.

The driver who sustained minor injuries remained at that hospital, while the other driver who was more seriously hurt was airlifted to hospital in Halifax. Police said that driver was still in a Halifax hospital Saturday. but was listed in fair condition.

The crash's cause was being investigated over the weekend. METRO HALIFAX



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building homes out of old ship pina containers at metronews.ca/canada

#### Lotteries

Friday, Aug. 7 Lotto Super 7: 1, 10, 22, 26, 28, 40 & 42 Bonus 14

Lotto 6/49: 11, 22, 31, 32, 40 & 49 Bonus 13 These results are not official.



## Cole Harbour goes 'Cup crazy'

65,000 pack parade route to catch a glimpse of Sid the Kid and Stanley's mug

PHILIP CROUCHER
philip.croucher@metronews.ca

#### It was a day Sidney Crosby won't soon forget.

Neither will the tens of thousands who came out to see the Cole Harbour superstar and hockey's Holy

With perfect weather and a revved up hockey community looking to catch a glimpse of Sid the Kid and the Stanley Cup, a crowd of about 65,000 came out to an afternoon parade Friday to see Crosby with hockey's top prize.

This, on top of the thousands who in the morning saw the Pittsburgh Penguins captain land with the Cup via a Sea King helicopter on HMCS Preserver at the Halifax dockyard.

"We got a few people that are Cup crazy here to-day, it looks like," Crosby told the crowd at Cole Harbour Place, which packed the venue's parking lot following a parade that began



Pittsburgh Penguins captain Sidney Crosby is framed by members of the RCMP as he hoists the Stanley Cup during a celebration in Cole Harbour on Friday. The event coincided with Crosby's 22nd birthday.

at the MetroLink terminal on Portland Street.

"Thank you very much," the almost overwhelmed superstar said. "This is incredible."

Crosby stood next to the Cup on an antique fire truck for the one-hour parade, waving to his admiring fans that stood 10-peo ple deep in some spots. Afterwards, Crosby brought the Cup onto a large stage and spoke for about five minutes, where thanked all the people who helped get him to where he is today.

He then had a special message for the young hockey players in the crowd.

"They're seeing the Stanley Cup up close, and I'm sure all of you dream of winning it yourself," he said. "I just want you to know I did the same thing and the proof is right here that you can do it. So, go

While he spoke to the crowd, Crosby was serenaded with chants of Happy Birthday several times. Crosby celebrated with the Cup on his birthday — he turned 22 on Friday something he wouldn't mind doing again in the years to come.

"I'd love to be able to say this is something that is going to happen every year. I really hope it happens again soon ... sooner rather than later," he proclaimed to loud cheers.

#### **Timeline**

How it all went down

- 9 a.m.: Sid the Kid and the Stanley Cup fly in on a Sea King Helicopter and land on HMCS Preserver at the Halifax dockyard.
- Noon: On top of Citadel Hill. Sid shoots the noontime gun with the Cup by
- Early afternoon: Sid shares the Cup with kids staying at the IWK Health
- 2:30 p.m.: Sid hops on an antique fire truck for his Cup parade in Cole Harbour. • 4 p.m.: Sid shows off the Cup to his adoring fans in the Cole Harbour Place parking lot and speaks to the crowd before several dignitaries honour him.
- Early evening: 87 raffle winners and a group of young hockey players pose with Sid and the Cup for photos; Sid straps on some goalie pads for a game of ball hockey in a nearby tennis court with the same buddies he played with growing up.
- Late night: Sid takes the Cup for a late-night ride on the Harbour Hopper.

## Fans taken aback by 'humble' hometown hero

PHILIP CROUCHER
philip.croucher@metronews.ca

**CROWD** Standing on a barrier fence overlooking the throngs of people after Sidney Crosby and the Stanley Cup bypassed him during Friday's parade, a middle-aged man sporting a No. 87 Penguins jersey began yelling "unbelievable" as he videotaped the adoring crowd with his camera.

Yes, Cup fever had taken over and they had Sid the Kid to thank for it.

"Awesome, really awesome," said Deanna Kelly, who brought her family down from Windsor to see the parade. "It's worth it, really worth it."

For young and old, Crosby next to the Cup was what everyone had come



Pittsburgh Penguins captain Sidney Crosby waves to the crowd during a Stanley Cup parade in Cole Harbour on Friday. The event coincided with Crosby's 22nd birthday.

to see. And while some had to wait longer than others to capture the moment, depending upon parade route, it seemed

well worth the wait for

"There it is. There it is." a

#### "He's so humble and appreciative"

Ryan Wilson

youngster yelled to his father as Crosby made his way into the parking lot at Cole Harbour Place with Lord Stanley's mug next to

It seemed like every second person in the crowd of thousands was wearing something Crosby related - whether it was a T-shirt,

hat or a No. 87 jersey. Some, like 16-year-old Ryan Wilson of Oxford, took things a step further. He, along with his friend, was draped in a Nova Scotia flag and has his face painted with the Penguin team colours.

"It was great," Wilson

said of seeing the "king of hockey" with the Cup.

The Oxford Regional High School student also left impressed with Crosby's speech to the crowd as the Pittsburgh Penguins captain paid tribute to all who helped make his Cup dream possible.

"It's more ... the young man he's become," Wilson said. "He's so humble and appreciative.'



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Celebration a full-on family affair for Crosby clan

SID For every special moment in Sidney Crosby's life, his parents, Troy and Trina, were there to see it.

PHILIP CROUCHER
philip.croucher@metronews.ca

Friday was no different. "I don't think there are any words to describe this," Trina said, shortly after watching her son be honoured by thousands of fans who followed him from the parade route to

the stage set up in the parking lot at Cole Harbour Place. "This is just incredible."

When Crosby and the Pittsburgh Penguins won the Stanley Cup in June, the TV cameras went to Trov and Trina several times for their reactions from their seats in the arena. And while that was undoubtedly a very special moment for the Cole Harbour parents, watching their son bring the Cup home ranks up there, too. "It's a proud moment for the family," Troy said.

Both of Crosby's grandmothers also took part in the parade — and did so by riding in a corvette along the route," Sidney said.

In his speech to the crowd following the parade, Crosby singled-out his family, including his parents and younger sister Taylor, for all that they've done for him over the

"What can I say, my family has been incredible," he said. "Thanks very much Mom and Dad, Taylor, everybody. This is what it's about. Thanks for helping me get to my dream."

Crosby decided to bring the Cup to Cole Harbour on his 22nd birthday. Trina admitted this celebration would be hard to top.

"They've said I had good parties, but this is really something else," she said. "It's just wonderful."

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**CABANA CHARTER TOURS** 

Student unemployment hits record high

Statistics Canada reported Friday that student unemployment hit 20.9 per cent in July — the highest jobless rate since the agency began collecting comparable data in 1977, according to CBC News Online. METRO NEWS SERVICES

## Canada



#### Mr. Harper goes to Washington

Prime Minister Stephen Harper is to make his first official visit to Washington since Barack Obama became the U.S. president, according to CBC News Online. Harper will meet with Obama on Sept. 16. Obama visited Canada in February, shortly after taking office, his first foreign visit as president.

## Dogs as intelligent as toddlers?

PSYCHOLOGY Dog owners, stare deep into the eyes of your fur-covered companion and ask yourself, what do you actually see?

"The big battle is whether they are little people in fur coats or dumb, unfeeling, programmable robots," says Stanley Coren, an expert on dog behaviour and professor of psychology with the University of British Columbia. "The real answer is actually they are ... something in-between."

On Saturday, Coren addressed a packed room at the annual American Psychological Association convention in Toronto, explaining how cumulative evidence shows that a dog's mental abilities resemble those of a two-year-old child. "That means they understand about 165 words and gestures," says Coren.

While dogs might have the cognitive ability of a toddler, Coren says their social consciousness is as high as an adolescent.

TORSTAR NEWS SERVICE

### Banks, insurers seek Chinese cash

MISSION Executives at Canada's big banks and insurers are heading to China this week as part of a mission to drum up business, saying the participation will open doors to new ventures. The chief executives of Manulife Financial Corp. and Sun Life Financial Inc., as well as executives at the big five banks are attending. They join Bank of Canada governor Mark Carney and Finance Minister Jim Flaher-REUTERS

## '3 amigos' gather in Mexico

PM unlikely to make progress on urgent 'Buy American' issue

Prime Minister Stephen Harper sits down today with President Barack Obama and Mexico's leader for a meeting that will test the value to Canada of the North American summit process.

Today's "three amigos" discussion is the centrepiece of the fifth summit since 2005, when then-U.S. president George W. Bush kicked off the annual trilateral talks aimed at promoting economic growth and security on a continent-wide basis. The closed-door chats give the leaders a chance to share their thinking, but whether this setting can produce results for

#### **Obama's focus**

At today's meeting, U.S.
 President Barack Obama is focusing on issues of immense joint concern to Mexico and the United States: Border security, drug trafficking and immigration.



Prime Minister Stephen Harper talks with Mexico's President Felipe Calderon during a bilateral meeting at the North American Leaders' Summit in Guadalajara yesterday.

Canada seems unclear.

The most urgent issue for Canada is the recent rise of U.S. protectionism.

Barring Canadian suppliers from bidding on federally funded urban renewal

projects in the U.S. is resulting in lost jobs in Canada. And the problem is getting worse as U.S. cities and states gear up to award more contracts on projects paid for out of Obama's

\$787-billion US stimulus package. But for Canada, nothing concrete is expected from Obama on this problem until Harper visits Washington, D.C., on Sept. 16. TORSTAR NEWS SERVICE

### EU seal ban seen as threat

SEALING Hundreds of villages in Atlantic Canada that depend on seal hunting for much of their livelihood are already feeling a sharp economic pinch from a European ban on seal products that went into effect last month.

For more than 20 years Eldred Woodford has taken part in the annual seal "harvest" on the ice floes along the coast of Newfoundland and Labrador, home to more than 80 per cent of the country's sealing industry.

But the hunt now brings in much less money than it did only a few years ago, he says. In April Woodford and his crew killed about 1,200 harp seals over 10 days in an annual hunt that usually accounts for about a third of his yearly income. But depressed prices for pelts mean this year's catch will sell for thousands of dollars less than in the past.

"When you talk about an income between \$30,000 and \$35,000 a year and you lose a potential income on sealing of \$8,000 to \$10,000, that's a substantial loss "said Woodford Betures"

## Premiers urge U.S. governors to reject protectionism

TRADE Urging more free trade with the United States, Canada's premiers are appealing to their American counterparts to reject protectionist policies.

At the close of the threeday Council of the Federation meeting in Regina, the provincial and territorial leaders vowed to help Ottawa achieve "a broad reciprocal procurement liberalization agreement with the U.S." The premiers' declaration is significant because it comes as Prime Minister Stephen Harper prepares to meet U.S. President Barack Obama in Mexico.

Harper is seeking amendments to the Buy American provisions that effectively outlaw Canadian firms from bidding on projects funded by Washington's \$787-billion US stimulus package.

"We're going to have to make this case neighbour to neighbour, company to company, worker to worker, governor to premier, prime minister to president," said Manitoba Premier Gary Doer on Friday.

Ontario Premier Dalton McGuinty said while the short-term goal is an exemption from the punitive Buy American provisions, the longer-term hope is for "freer trade."

"Provinces and states are going to have to sign on, ernments, to a trade agreement that enables us to provide the certainty that just as our business will have access to their procurement policies ... they will do so in turn," said McGuinty.

To help their case, the premiers plan to send a delegation to the February meeting of the National Governors Association in Washington.

LO11.
TORSTAR NEWS SERVICE

#### **News** in brief

AFRICA Federal authorities refuse to assure a Toronto woman stuck in Africa that her DNA test results this week could settle the matter of her identity. Suaad Hagi Mohamud, who has languished in Nairobi for more than two months, describes her situation as desperate.

TORSTAR NEWS SERVICE



U.S. Secretary of State Hillary Clinton pressed Angola yesterday to do more to fight corruption during a two-day visit to the oil-producing country aimed at bolstering ties between the two nations. Angola rivals Nigeria as Africa's biggest oil producer. REUTERS

metro

## World



### **Allies of Tamil Tigers victorious**

The political allies of the defeated Tamil Tiger rebels won the most seats at local elections in a northern town, while the ruling coalition sailed to victory at local and provincial polls, results showed yesterday. President Mahinda Rajapaksa, pictured, had pledged to give Sri Lanka's minority Tamils a greater political voice through elections, and votes in the towns of Jaffna and Vavuniva were the first test of that.

#### U.S. believes Pakistani Taliban leader is dead

TALIBAN The United States said yesterday the evidence was "pretty conclusive" that Pakistani Taliban leader Baitullah Mehsud is dead,

commander denied reports of infighting among its leaders.

The White House had earlier Baitullah said it could not Mehsud confirm Pakistan's claims Mehsud had been killed by a CIA drone. But asked yesterday if Baitullah had been killed in the attack, national security adviser Iim Iones said: "We think so. We put it in the 90 per cent category ... We know that there are some reports now from the Mehsud tribe that he wasn't (killed), but the evidence is pretty conclusive."

while a Taliban

Searchers recovered the pier for examination.

## More bodies found in Hudson

pulled from the Hudson River vesterday and divers searched for the other two victims of a collision between a small plane and a helicopter that killed nine people, including five Italian tourists.

National Transportation Safety Board officials said it was too soon to speculate on what caused Saturday's accident on a clear day over the Hudson River off Manhattan.

bulk of the wreckage from the helicopter in which the tourists had embarked on what was to have been a 12-minute flight around Manhattan. Officials said it would be taken to a nearby

"The helicopter tained significant damage," National Transportation Safety Board chair-



A heavy lifting ship from the U.S. Army Corps of Engineers lifts the fuselage of a helicopter yesterday from the location of a crash between a sight-seeing helicopter and a small fixed wing airplane over the Hudson River, in New York.

woman Debbie Hersman

She said seven victims had been recovered and searchers believed they had located the wreckage of the plane, which had taken off from nearby

Teterboro airport in New Jersey minutes before the midday crash.

Within hours of the crash authorities said there was no hope of finding survivors among the five Italian tourists and a pilot aboard the helicopter and the three people on the plane.

said Witnesses the plane, a six-seater Piper Lance, appeared to bank sharply before clipping the REUTERS helicopter.

#### **News** in brief

AIRPLANE SCARE An Afghan plane that received a bomb threat as it flew to western China's Xiniiana region has landed back in Afghanistan, the official Chinese Xinhua news agency reported yesterday. **CLINTON'S AID Former U.S.** president Bill Clinton said yesterday he would lead an international trade mission of private investors to Haiti in October to pursue energy and other development amid signs the nation is stabilizing. **BOMB ATTACKS** Three small bombs exploded vesterday in places frequented by tourists in the capital of the island of Mallorca, Spanish government officials said. The website of the Spanish newspaper El Mundo reported the explosions followed a phone warning made in the name of the Basque separatist group ETA and also that there had been no reports of

REUTERS

### IRG wants Mousavi tried

REUTERS

### **Iran**Crisis

PUNISHMENT Iran's powerful Revolutionary Guard said yesterday that opposileader Mirhossein Mousavi, a defeated presidential candidate and former president, should be tried and punished for inciting unrest after the disputed presidential poll.

The June 12 election plunged Iran into its biggest internal crisis since the 1979 Islamic revolution, exposed deepening divisions in its ruling elite and set off a wave of

#### **U.S.** demands

• The U.S. has sent strong messages to Iran urging the release of three American hikers who were detained there recently, U.S. National Security Adviser Jim Jones said yesterday.

moud past 30 years.

protests that left 26 people dead. Protests gripped Tehran after the vote, which moderates say was rigged to secure the reelection of President Mah-Ahmadinejad, though officials say it was the "healthiest" vote in the

#### Looking for People Who Get It!



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## **Comment & Views**

#### Comment

## Revolving door of love



ast time, this column was about my friend Rob's new romance. After it ran, a concerned reader sent this tweet:

Yr column shows a complete lack of faith n yr friend's ability 2 fnd tru happiness, based on nothing bt his entire dating history. Dnt u believe in luv?'

I was shocked. I had no idea Rob Twittered.

I do believe in love. What I believe is that it falls into two categories the kind that's guaranteed to last forever and "not so much." The second type may look like this:

1. *Puppy Love*: This may be defined as any romance involving two people who think the fact that they have the same music on their iPod means they'll "like totally, totally be together forever." Usually, this is limited to the younger than 15-year-old set. I recall my daughter, Becky, then 14, and I hav-

ing this conversation:
Becky: I'm so upset. Jeremy and I broke up.



#### **Sunny**Side

Becky: I said maybe next weekend.

The reason older, more mature people don't en-gage in the revolving door romance of youth is obvious. We can't remember that many new names.

> hot, mance sizzles. Scientists claim about smell; we can detect the scent of desire on each

> > through a parka. Vacation mance, however.

> > > a

like

sombrero. It's exotic, it's colourful, you have to have it, but bring it home and you'll have no idea what to do with it.

3. Relationships based entirely on looks. No good can come of this. We all know it. We all plan to avoid it. Right after we've dated a personal trainer.

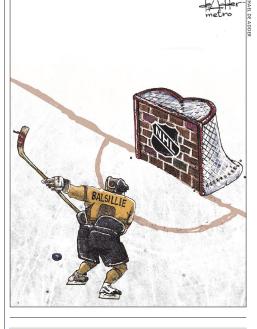
4. Dating the wrong person. This is the relationship that's destined to be mad, passionate and bless-edly short-lived. Everybody knows it. Except, of course, the two people involved. It's the kind of romance that leaves you thinking eior "What the heck was Iun."

Or "What the heck was I thinking?" Or both.

We all hope to find a love that lasts. In the

meantime, the good thing about a "not forever" love is that it's ... well, not forever. Which means there's only one way to handle it. Enjoy it entirely.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



#### **Worth mentioning**

### Remember ladies, keep your chin up, skirt down

Misbehaving celebrities and the recession have pushed more people to improve their etiquette in a bid to gain an edge over job rivals and inspired lifestyle books such as How to be a Hep-

burn in a Hilton World.

Author Jordan Christy said she wrote the guide to "the art of living with style, class and grace" afcelebriter ties such as Paris Hilton, tress Lindsay and Lohan Britney singer Spears made headlines for all

Hilton is infamous for a lewd sex tape that became an Internet hit, Lohan has long been gossip fodder due to her public drunkenness, and Spears was splashed across tabloids partying without underwear.

the wrong reasons.

"For too long this 'stupid girl' behaviour has been burning the daily headlines and I really think there's a lot of people out there who wanted to see a return to our femi-nine values," said the 24-year-old Nashville, Christy's

Tenn.-based writer. book has chapters on Keep Your Chin Up and Your Skirt Down, Dress to Impress, and Let Him Come Calling.

REUTERS

#### On the web

Paris Hilton

 See metronews.ca/movies for Kevin Sylvester's commentary about filmmaker John Hughes, who died last week. Sylvester, an illustrator, writer and broadcaster, is the author of Neil Flambe and the Marco Polo Murders, due out in spring

#### **Views**

## Take responsibility for your own wellness



East (and West) Coasters are notoriously envied for their approach to work-life balance and relaxed pace

While we may spend less time at the office than our colleagues in central Canada, we East Coasters are straggling behind in measurements of our overall health and wellness, which impacts the wellness of our community.

Wellness is often associated with being physically active, however, it involves

Wellness encompasses environmental, material and financial, occupational, intellectual, emotional, spiritual, social and cultural aspects as well. By improving our own individual wellness, we can influence family wellness and in turn improve our community well-

you're 40

We all need to take responsibility for our own wellness. What it boils down to is making choices. Poor choices over time result in illness - this is the way our body tells us to pay attention to it, while good choices result in vibrant health.

The better in control you are of your lifestyle, the better you can control your health. Despite what you might believe, good choictime than poor choices.

So start small; adapt one new healthy choice each week. By slowly introducing healthy choices into your life, you'll find it easier to stick with them.

Need some ideas to start? Drink more water. You need to consume your weight in kilograms multiplied by 0.033 to determine the number of litres per day you should consume. Keep in mind that coffee, juice and pop don't count

toward this goal.

Learn to let go of the things you can't control. From traffic jams to tension with your family or coworkers, hanging on to these stressers can alter vour hormones and lead to trouble down the road.

Get at least seven hours

of sleep a night. You need this time to let your mind and body to rest and rebuild.

Another good choice is to simply take a moment to focus on your breath each day. This allows you to free your mind of everything else while you focus on breathing. Want to learn how? FUSION Halifax is offering you an opportunity during its second annual outdoor yoga event. On Aug. 20 at noon, on the wharf at the base of Purdy's Office Tower II, take a break from work, breathe and practise yoga.

To find out more, visit fusionhalifax.ca.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

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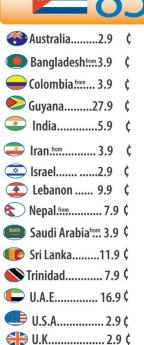
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#### Pre-charged rechargeable batteries show the way

Duracell Pre-charged Rechargeable batteries last longer and need less recharging when not in use as compared to standard NiMH batteries, says Future Friendly (futurefriendlybrands.ca), a partnership led by some of Canada's leading home care brands. METRO NEWS SERVICES

# Going Green

### Making pens eco-friendly

Americans buy more than 5.1 billion pens every year —
most of which end up in the dump, according to Kim
McKay and Jenny Bonnin's True Green @ Work: 100 Ways
You Can Make the Environment Your Business. Use longlife refillable pens made from recycled plastic, paper or
timber. TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN, DESOUZA METRONEWS, CA

#### things to do today to be green

TIPS Being green can be easier than you think.

- 1. Remove cellphone, iPod and laptop chargers from the wall when not charging. Chargers keep drawing electricity even if the device isn't charging.
- 2. There are environmentally responsible choices instead of bottled water such as the world's first carbon negative bottled water, Fiji Water. Recycle your empty bottles.
- 3. Use a compost bin to turn food waste into fertilizer for the garden.
- 4. Place recyclable shopping bags in car, desk and purse so there is no excuse to use plastic.
- 5. Repair leaky faucets. A dripping tap can waste 800 litres a month.

NEWS CANADA

## Mother Nature not frail old lady

**EarthTones** 

Sophia Dore & Andrew Laursen

e talk a lot in this column about protecting the environment, about treading lightly on the Earth. This sometimes promotes a view of Mother Nature as a delicate, frail old lady who needs our constant care.

needs our constant care.

While this is true, we must not forget that the old dame still has some kick to her. We got some first-hand proof of the awesome pow-

er of nature this week.

This was not some epic event like a tornado or hurricane, just a simple summer thunderstorm.

This storm dumped 11 centimetres of rain onto our town in a couple of hours, flooding streets, basements and closing two major highways. People had to scramble out of their cars and seek higher ground. Major appliances in people's basements were moved to different rooms by the force of the water.

One sad thing was the impact of the massive volume of water on a local pond.

This pond was a beautiful place, home to many birds and fish. The flash flood washed out the debris dam at the foot of the pond and caused three-quarters of the water to drain out.

This pond contained huge snapping turtles thought to be about 80 years old. We hope they were able to resist being swept away but we fear they were not.

The scar caused by the water rushing out of the pond looks like something carved out by a major river or waterfall, not our usually stagnant pond.

What happened to the pond is a reminder not to take anything for granted. Nothing is forever

The beauty of the pond was a gift of nature, a privilege for those who got to enjoy it. It emphasizes to us that we are just guests here on Earth. Beings who have existed for just a blip in terms of geological time.

We think we humans are all-powerful and indeed we do have the power to do terrible things to our planet. But all we have built, all



Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson

# Powerful Performance Today with Tomorrow in Mind.



#### **LESS ENERGY**

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tecting the environment is

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A new bidder has emerged to buy the 137-year-old Boston Globe from New York Times Co., a person familiar with the matter said on Friday. Platinum Equity has submitted a bid for the Globe and the rest of the Times Co.'s New England Media Group. REUTERS



## Business



#### Politicians return Stanford cash

U.S. politicians have returned \$87,800 in donations from accused swindler Allen Stanford so far, according to the receiver trying to recover assets for the Texas financier's investors. When Stanford, 59, was first charged in February with running a Ponzi scheme out of his offshore bank in Antigua, several lawmakers said they would donate to charity the contributions they had received from Stanford.

FDITOR: FERMIN DESOUZA@METRONEWS CA

## **Investors look to small caps**

### Recovery signs leading to more adventurous buys: Expert

Canadian investors are pumping money into small cap companies that they normally shun in uncertain times, enticed into riskier assets by signs the economy is stabilizing and by bargain prices.

The widely followed BMO Small Cap Index has raced ahead of other closely watched Canadian indexes as optimism over a global economic recovery has coaxed investors back into stocks hit especially hard by last fall's market meltdown.

It's a sign that market players are willing to be more adventurous again, experts say, with many investors believing the recovery is imminent

ery is imminent.

"It's a good time to buy small caps. The market has had a shellacking. Small caps had more of a shellacking. The valuations are very reasonable," said Allan Jacobs, lead portfolio manager of the \$100 million (\$93 million) Sprott Small Cap Equity Fund at Sprott Asset Management.

#### **Small caps outperform**

 Small cap refers to stocks with relatively lower market capitalization. While definitions vary, the range of market capitalization for companies

"They got oversold big time," Jacobs said. "So when

things improved and the

world wasn't ending they

bounced back more than

collapsed more

because

stocks

in the BMO index is between \$32 million and \$1.3 billion. The average is around \$370 million.

REUTERS

than other stocks."

Jacobs manages his fund with a "growth at a reasonable price" philosophy, and the top holdings in his fund include Capstone Mining



Emine Mehmet, a sales assistant for Selfridges department store, begins work in its Christmas shop 141 days ahead of Christmas day to cater for London, England's tourists on Aug. 8.

## Author stresses importance of key people

#### Book**Review**

#### Who's Got Your **Back**

Author: Keith Ferrazzi Publisher: Broadway Books Price: \$29.95

Keith Ferrazzi is a guy who has had some tremendous success in his career both as an executive working



with mega firms such as Deloitte and Starwood Hotels and now with his own consulting firm Ferrazzi Greenlight. He is the first to tell you that his greatest success has come from building a small number of close relationships versus having a plenitude of connections. I'm fortunate to know Ferrazzi having met him at a conference three years ago and have had great success using the teachings from his first book, my bible, Never Eat Alone. Ferrazzi's second title, Who's Got Your Back, shows the importance of identifying key people in your life who will act as your own personal board. Having seen Keith recently, it's clear he has been practising what he's been teaching.

CRAIG LUND/ FOR METRO CANADA

## NOTICE OF PROPOSED CERTIFICATION AND SETTLEMENT OF PROPOSED DIOCESE OF ANTIGONISH CLASS ACTION

TO: All persons who were sexually assaulted by any priest of the Catholic Episcopal Corporation of Antigonish since January 1, 1950, including the Estates of all such persons now deceased ("Class Members")

#### NOTICE OF PROPOSED CERTIFICATION AND SETTLEMENT

This Notice advises Class Members of a proposed certification and settlement of a class action lawsuit regarding alleged sexual abuse by priests in the Diocese of Antigonish (the "Diocese"). The action is referred to as *Martin v. Lahey et al*, Hfx. No. 297827 in the Supreme Court of Nova Scotia (the "Action")

#### WHO IS INCLUDED IN THE PROPOSED SETTLEMENT?

All persons who were sexually assaulted by any priest of the Catholic Episcopal Corporation of Antigonish since January 1, 1950, including the Estates of all such persons now deceased.

other

they've

#### WHAT ARE THE TERMS OF THE SETTLEMENT?

The proposed settlement creates a fund of up to \$12 million ("Settlement Fund") from which eligible Class Members will receive compensation, a fund of \$1 million ("Expense Fund") to pay the expenses of the settlement, and a fund to pay certain claimant's costs ("Costs Fund"). Class Members will have to file a claim in order to qualify for benefits. Class members may be required to be evaluated by a neutral medical expert. A claim will be considered by a judge or retired judge of the Supreme Court of Nova Sodia at a private and confidential hearing, unless the Class Member and the Diocese are able to agree on settlement prior to the hearing. The claim can include amounts for pain and suffering, and wage loss up to certain limits. The Diocese will pay successful claimants certain amounts for costs of (1) necessary counseling, and (2) pursuing a successful claim. The amount each claimant will receive depends upon the details of the claim, and the number of claims made.

This Notice is just a summary. To review the full agreement, visit www.dioceseclassaction.com

#### HOW DOES THE SETTLEMENT OBTAIN APPROVAL?

The proposed settlement is subject to court approval. In order for the settlement to become effective, it must be approved by the court, which must be satisfied that the settlement is fair, reasonable, and in the best interests of Class Members. The date and location for the approval hearing is as follows:

 September 10 & 11, 2009, at 10:00 a.m. at the Supreme Court of Nova Scotia, 1815 Upper Water Street, Halifax, Nova Scotia.

#### WHAT OPTIONS DO CLASS MEMBERS HAVE?

• SUPPORT THE SETTLEMENT – If you support the proposed settlement, you do not need to appear at the approval hearing. You may contact Class Counsel at the address below to advise him of your support.

- SUBMIT A CLAIM FOR COMPENSATION If the settlement is approved, in order to be eligible to receive compensation, you must complete, sign, and return a Claim Form and provide other required information within specified time limits. Further details on how to make a claim will be set out in a further Notice that will be issued if the Action is certified and the proposed settlement approved. Reference may also be made to the foregoing website for status updates.
- OBJECT TO THE SETTLEMENT If you wish to appear at the approval hearing or
  object to this proposed settlement, you are required to submit a written objection to Class
  Counsel by no later than August 28, 2009. Class Counsel will file copies of all objections
  with the court.
- OPT OUT What if I do not wish to participate in the Settlement? If the court approves the settlement, your future rights to make a claim will be controlled and bound by the court's order, the release and other provisions of the settlement, unless you choose to exclude yourself from the settlement class ("Opting Out"). The process and deadline for Opting Out will be set out in a further notice that will be issued if the Action is certified and the proposed settlement is approved.

#### LEGAL FEES

At the approval hearing, Class Counsel will request that the court approve payment of up to \$400,000 out of the Costs Fund for legal fees and disbursements of Class Counsel. Class Members will be responsible for any legal fees payable to a lawyer retained to assist the Class Member in pursuing a claim. Any fee arrangement will be reviewed by the Judge for reasonableness.

#### WHERE CAN CLASS MEMBERS GET MORE INFORMATION?

For more information, or to register to obtain notice of approval of the settlement, visit: www.dioceseclassaction.com

or contact Class Counsel at the address below:

Arnold Pizzo McKiggan
306-5670 Spring Garden Road
Halifax, Nova Scotia B3J 1H6
Toll Free in Atlantic Canada: (877) 423-2050
Local: (902) 423-2050
Fax: (902) 423-6707
Email: dioceseclassaction@apmlawyers.com
Attn: Mr. John McKiggan

This Summary Notice has been approved by the Supreme Court of Nova Scotia. Do Not Contact the Court about this Settlement

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

#### Halifax athlete to take part in Francophonie Games

Halifax's Geoff Harris will race at the Francophonie Games in Beirut from Sept. 27 to Oct. 6. Harris, a silver-medallist in the 800 metres at the Canadian track and field championships in July, will race the same event at the Games. METRO HALIFAX

## Sports



#### Power adds a race

Adrienne Power has added the 200-metre dash to her schedule at the world track and field impionships in Berlin from Aug. 15 to 23. The Halifax resident and 2008 Olympian had originally been scheduled to only race in the 4x400

## Superbike competition tightens

Shubenacadie victory lets McCormick gain on leader

MATTHEW WUEST matthew.wuest@metronews.ca



The Parts Canada Superbike championship is still up for grabs after the tour's lone stop in No-

**va Scotia.**Brett McCormick of Saskatoon led 21 of 22 laps around the 2.56-kilometre track at Atlantic Motor-sport Park in Shube-nacadie yesterday, gaining 10 points on series leader and three-time defending champ Jordan Szoke.

Szoke has 296 points and McCormick 282 heading into the tour's final stop on Sept. 6 in Shannonville, Ont.

"The first couple of laps were pretty exciting," Mc-Cormick said in a news re-

"I got a great start but Jordan's was a little bit better. We used softer compound tires and I wanted to check out early in the race and manage the gap from there."

McCormick, 17, won in 26 minutes, 13.8 seconds with an average speed of 134.818 km/h.

Clint McBain



Jordan Szoke of Brantford. Ont., leads Saskatoon's Brett McCormick early in the Parts Canada Superbike Championship race at the Atlantic Motorsport Park yesterday. It was McCormick who went on to win the race with Szoke finishing second.

Cochrane, Alta., finished third and hometown favourite Brian Blaauwendraat of Truro turned in a

performance career-best by placing fourth overall. 'Everything was great but I was getting a little

tired," he said. "On this track, you're working the whole time. Clint was a little far off and I knew I couldn't catch him."

Yesterday's race will be aired on TSN tomorrow at

#### Rally **Team Nova Scotia**



Flag-bearers David Sharpe and Meghan Brown lead Team Nova Scotia around Huskies Stadium on Saturday during a pep rally for the Canada Games, which run Aug. 15 to 29 in Charlottetown.

#### **Sports** in brief

CARQUEST TOUR Wayne Smith's hopes of a \$50,000 Triple Crown on the Carquest the Atlantic Cat 250 at Scotia Lonnie Sommerville of Saint

Impala SS to victory at the event just outside Halifax, edging out second-place Dave O'Blenis of Boundary Creek, N.B., and third-place John Flemming of Halifax. Timberlea's Smith finished fourth.

METRO HALIFAX

### Strickland plans to return to Rainmen

MATTHEW WUEST matthew.wuest@metronews.ca



John Strickland has a new team for the summer, but he'll be back with the Halifax Rainmen next season.

The six-foot-eight fanfavourite forward hit the hardwood at the Metro Centre yesterday after-noon as a member of 94INC, a touring street-ball team he signed with last month.

Strickland said he has unfinished business in Halifax after the Rainmen missed the playoffs in March.

"I was gonna retire, but me and (owner) Mr. (Andre) Levingston talked ... We thought we'd give it another year," Strickland said. "To be honest with you, I didn't like the note we went out on last year,

so I'm going to try and bring a championship to Canada and Halifax and ride out into the sunset."

Levingston con-Levingston confirmed Strickland would return, but said Strickland hasn't officially been John

signed to a contract. Strickland Strickland, who signed midway through last season and averaged

9.3 points and 5.4 rebounds, has lost 20 pounds in the summer and admitted he was out of shape last season.

"Sometimes my mind thought I could do things but my body said no," he

"Now, my body's with my mind."

Earlier in the week, Strickland served as a Rainmen scout at a Premier Basketball League combine in

Chicago. About 800 fans took in yesterday's game as 94INC beat a pickup team featuring Rainmen forward Eric Crook-shank 108-91.

Crookshank had 28 points and St. Francis Xavier X-Men star Christian Upshaw added 18.

Levingston said he is keeping a close eye on two players on the pickup squad — former X-Men guard Tyler Richards and former Dalhousie Tigers guard Devon Norris.

#### Voice of Herd is retiring

ANNOUNCER Halifax Mooseheads public-address announcer Pat Connolly announced his retirement Friday after more than 60 vears of involvement in Nova Scotia sports.

The veteran journalist was the voice of the Mooseheads and American Hockey League Nova Scotia Voyageurs and Oilers and Halifax Citadels over

the past four decades. The Mooseheads will honour the veteran journalist with a pre-game ceremony at their home opener against the Bathurst Titan at the Metro Centre on Friday,

Veteran game announcer Ian Robinson will assume Connolly's duties on the public-address system METRO HALIFAX

#### **Sports** in brief

BASEBALL Dartmouth Moosehead Dry's doubleheader sweep of the Halifax Pelham Molson Canadians on Saturday puts them atop the Nova Scotia Senior Baseball League. Dartmouth (14-7) has a one-game edge on Halifax (13-8). GOLF Ashburn's Ed Dumeah

won the Nova Scotia Golf Association senior men's championship at the Antigonish Golf and Country Club on Friday. Dumeah edged out seven-time amateur champion Gerry MacMillan of

**HOCKEY** TSN is reporting that one-time Halifax Mooseheads goalie Joey MacDonald will sign with the Toronto Maple Leafs this

week. MacDonald, who started 49 games with the New York Islanders last season, would likely serve as the Leafs' third-stringer behind Vesa Toskala and Jonas Gustavsson.

**HOCKEY** Brittany Haverstock of Hammonds Plains is vying for a spot on the Canadian under-22 women's hockey team. The five-foot-six blueliner is coming off an outstanding NCAA freshman season with the Wisconsin Badgers.

**HOCKEY** The P.E.I. Rocket sent Swedish forward Simon Olsson to the Baie-Comeau Drakkar for a fifth-round pick on the weekend. Olsson, a 20-year-old, potted 23 goals and added 26 assists for 49 points in 63 games last sea-METRO HALIFAX

Pro Stock Tour were dashed at Speedworld on Saturday night. John, N.B., drove his Chevrolet

Boston Red Sox slugger David Ortiz said taking nutritional supplements may have caused him to land on a 2003 list of Major League players who tested positive for performance-enhancing substances. The five-times All-Star said he was "a little bit careless back in those days when .. buying supplements." REUTERS

sports 11

## La belle province may decide Impact's MLS fate



espite what thousands of screaming 12-year-olds will tell you, Cristiano Ronaldo's presence in Toronto was not the biggest soccer news being made this weekend.

The weekend's big news came when MLS commissioner Don Garber spoke to the media on possible expansion to Montreal.

He backed away from earlier statements in which he made it seem as though Montreal joining MLS in 2011 was a certainty, but stayed committed enough to the city to keep the tongues wagging.

"The next step for us is to work with them on trying to get public support to expand and renovate that stadium," Garber said.

"Without that, we're not going to be able to go (into Montreal)."

Just a week ago, Garber said Montreal would likely be the 19th team to join MLS and, with a clever choice of words, appeared to declare Canada would have a third team in MLS by 2011.

At best it was a vague statement. At worst, well, at worst sometimes people hear what they want to hear. Or, rather, people hear what Garber wants them to hear.

During the expansion process Garber had the habit of showing up in bid cities when they needed him the most and making outlandish statements like, "Ottawa is a favourite in the MLS race" and "Atlanta is a terrific soccer city."

In both cases it put pres-

sure on the municipalities to get their stadium affairs in order

And it's no different now.

Montreal Impact owner Joey Saputo is waiting on the Quebec provincial government to commit \$25 million to a stadium expansion.

In the meantime, Garber teases back and forth between praise and ultimatum, but his

words are meant to do nothing more than put pressure on la belle province to come through with the money.

If it does, Montreal will be on its way to MLS, likely in 2012.

If it doesn't, then Montreal becomes the next Ottawa and MLS moves on to another city willing to put up the money.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

#### Blue Jays Battle of the birds



Toronto second baseman Aaron Hill dives for a ball hit by Baltimore's Melvin Mora yesterday in Toronto. The Blue Jays beat the Orioles 7-3.

#### **Sports** in brief

GOLF Tiger Woods won a record seventh WGC-Bridgestone Invitational title yesterday, overtaking Padraig Harrington with a sizzling burst of scoring before benefiting from a late collapse by the Irishman. Mike Weir of Bright's Grove, Ont., finished in 10th, eight strokes back.

RACING Scott Dixon became IndyCar's leader in career victories yesterday, pulling away from the field to capture the Indy 200 at Mid-Ohio. The victory was Dixon's fourth of the season and 20th of his IndyCar career.



The Best Halifax has to Offer

Metro News and Kool 96.5 want YOU to weigh in on the city's coolest places to eat, party, shop – you name it!

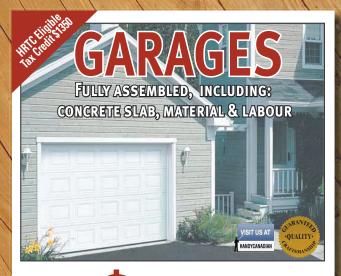
Go to metronews.ca or koolg65fm.ca to register your choice for this month's category:

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We Play Anything 96.5 FM



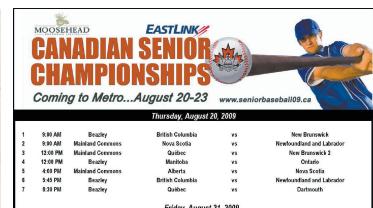
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5	4:00 PM	Mainland Commons	Alberta	vs	Nova Scotia				
6	5:45 PM	Beazley	<b>British Columbia</b>	vs Ne	wfoundland and Labrador				
7	8:30 PM	Beazley	Québec	VS	Dartmouth				
			Friday, August 21	1, 2009					
8	9:00 AM	Beazley	New Brunswick 2	vs	Manitoba				
9	12:00 PM	<b>Mainland Commons</b>	Newfoundland and Labrador	vs	New Brunswick				
10	12:00 PM	Beazley	Ontario	VS	Dartmouth				
11	3:00 PM	Beazley	New Brunswick	VS	Alberta				
12	4:00 PM	<b>Mainland Commons</b>	Nova Scotia	VS	<b>British Columbia</b>				
13	7:00 PM	<b>Mainland Commons</b>	Manitoba	<b>V</b> S	Québec				
14	7:00 PM	Beazley	Dartmouth	VS	New Brunswick 2				
			Saturday, August	22, 2009					
15	9:00 AM	Mainland Commons	Ontario	٧s	Québec				
16	9:00 AM	Beazley	Newfoundland and Labrador	vs	Alberta				
17	12:00 PM	Beazley	Dartmouth	vs	Manitoba				
18	12:00 PM	<b>Mainland Commons</b>	New Brunswick 1	VS	Nova Scotia				
19	2:45 PM	Beazley	New Brunswick 2	VS	Ontario				
20	2:45 PM	<b>Mainland Commons</b>	Alberta	VS	<b>British Columbia</b>				
21	5:30 PM	Beazley	3rd Pool A	VS	2nd Pool B				
22	8:15 PM	Beazley	3rd Pool B	VS	2nd Pool A				
		Sunday, August 23, 2009							
23	9:30 AM	Beazley	1st Pool A	¥S	Winner Game #21				
24	12:30 PM	Beazley	1st Pool B	vs	Winner Game #22				
25	3:30 PM	Beazley		BRONZE MEDAL GAM	E				
26	7:00 PM	Beazley		GOLD MEDAL GAME					

Tickets available on-line or by mail, go to www.seniorbaseball09 (game tickets & packages)







U of T protestors want charges dropped
Two University of Toronto students who were among 14 students charged with forcible confinement after an on-campus sit-in in March 2008 to protest fee hikes appeared in court Wednesday to have the 16-month-old charges withdrawn, arguing that the delay in the case going to trial has been unreasonable. METRO NEWS SERVICES

# Workology

#### Lethbridge goes international

Lethbridge College in southern Alberta is reporting an increase of nearly 11 per cent in applications for the 2009-10 school year, despite a shrinking pool of potential students in the school's catchment area. Prospective learners are applying not only from across Canada, but also from the U.S., India, Kenya, Ghana, Uganda, and Nigeria.

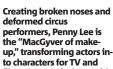
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## Making it come alive with makeup

#### Backstage **Pass**

JON TATTRIE for Metro Canada



to characters for TV and film. She travels the world, learns about different cultures, meets movie stars and gets paid to boot.

The Gemini-winning make-up artist got into the business at 16 with a job at a department store's make-up counter. She loved it and moved to make-up for models. Lee relocated to the bright lights of L.A., but it



Make-up artists can work on getting the eye shadow shade just right, left, or making Arnold Schwarzenegger's face fleck off as he walks into a barrage of bullets, as long as it looks real.

didn't suit her.

"It got to be a little strenuous, because cocaine was very big, and (there were lots of) crazy people, so I decided to come back to Montréal," she explains. After a stint doing TV commercials, she landed a gig with the National Film Board of Canada for a movie on war

veterans. That entailed creating broken noses.

"I took baby-bottle nipples, cut off the tops and stuffed them in," she says of her solution. One of the actors was fellow Canadian Matt Craven, who currently has a role in the Johnny Depp movie Public Enemies. "He has a honking big

nose," she observes. "You just put that up the nostrils and it distorts the nose."

She's "birthed a few babies" on TV, with a realism that wows the doctors brought in to check that they do in fact look like newborns.

In action movies, Lee has to make realistic wounds "I just have a very good sense of what things should look like." Penny Lee

makeup artist

that match the script. "It's a lot of breaking down the scripts," she says. "You have to go to the stunt coordinator so we know whether the guy's going to get shot in the left leg or the right leg."

Lee, who worked on P.T. Barnum with Beau Bridges, was Christopher Lambert's personal make-up artist for Highlander 3 and travelled to Russia to do two films with Michael Caine.

Everything she learned, she learned on the job. "I had no training or anything, but I just have a very good sense of what things

should look like," she says. The tough part of being a freelance make-up artist becomes apparent when she describes her nine-hour days on This Hour Has 22 Minutes as a "walk in the scale."

Gruelling 18-hour days are the norm on movies, but offset by the fact that with clever planning, you can take a few months off each year.

"The downside to it is that you don't have a full-time job and you don't have one employer," she says. "So unless you're good, you're always searching for work."

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

#### Workology in **brief**

JOB LOSSES More than 45,000 Canadians lost their jobs in July, according to a Statistics Canada report — more than double what economists had predicted. Finance Minister Jim Flaherty says he expects more job losses in the coming months, but is optimistic about recovery in 2010. The majority of last month's job losses were in Quebec, with Saskatchewan, Newfoundland and Labrador following, while unemployment remained little changed in other provinces. Two sectors where gains were seen across the country were in the retail and wholesale

INUIT CULTURE A new state-ofthe-art cultural school is being built in Nunavut. The multi-million-dollar Inuit school, called Piqqusilirivvik, will provide a place where Inuit from across the northern territory can gather to preserve their culture, tradition and language through traditional skills training taught by Elders. The school, which is expected to open in 2011 and admit 26 students who are 18 and older and have the support of their community, has received \$24-million in funding from the federal government. Tuition and living expenses for students will be paid by the territory, which has a population of 31,400.

JOBLESS RATE The unemployment rate for Canadian students hit an all-time high of 21 per cent in July. This summer has been the worst on record for student job seekers. Two sectors — hospitality and construction — that usually hire students during the summer, were hit particularly hard by the recession. This means that many students will return to college or university this fall with an oversized debt.

HEATHER BUCHAN/ FOR METRO CANADA



Horoscopes you read in the newspaper are only accurate for one twelfth of the population, says one astrologer.

## Seeing your future in the stars



ome say astrology is a blend of math, science, craft and intuition. But even Brandi Jasmine will tell you the horoscope you read in the paper or online is more like a wild guess.

That's because a person's true daily reading is determined not just by their sign, but the date and precise time of their birth. "They're accurate for about one-twelfth of the population," she says.

Jasmine, 45, composes the daily horoscopes on Astrology.ca — which she also syndicates out to web sites and print publications — by looking at the pie-shaped astrology chart for each day and noting the different "as-

pects" for each sign that are active that day.

Since she's been writing horoscopes for over a decade and has hundreds, she randomly picks one for an appropriate aspect and runs it that day.

Jasmine is more precise when she does a personal reading. After getting someone's birth details, she calls on a computer program to make up the chart. She then reads from the chart, a process that takes about an hour.

Here, she uses a mix of mathematical knowledge of what the planet's positions mean. But she's also very empathic, she says, so senses things from the person as well.

Jasmine was born in very devout Pentecostal B.C. family that had little tolerance for such things. She was known as "sensitive" growing up.

Only when she moved to Vancouver in her early 20s did Jasmine finally get in touch with her psychic side. But it was overwhelming. She called her mother, telling her she was having powerful visions and dreams. Her mother insisted she come home immediately and go to church. The sermon, ironically, was on visions and dreams.

"I guess this must be OK with God," Jasmine thought. She returned to Vancouver and began readying up on tarot, horoscopes and astrology. She began doing readings, attending psychic fairs and getting to know others who shared the same gifts and interests.

She penned the self-published book Living with Your Psychic Gifts and found she enjoyed spreading the word about astrology and psychic vision as much as she liked using her gifts.

In the late 1990s, she moved to Toronto and started working for an Internet company. She started Astrology.ca and found she preferred doing her work online: She finds face-to-

#### The **Lowdown**

Job title: Astrologer Salary: \$120 per reading Education/training: Most are self-taught Best Part of the Job: "The per-

sonal growth aspect. Being able to witness when the lights come on in someone's eyes after a reading." Worst Part of the Job: "The prejudice about what I do."

face work overwhelming, as she'll often take on other's feelings.

Today, Jasmine works in customer service in Welland, Ont., by day and keeps very busy at night. She updates Astrology.ca and her numerous other websites. She's also an artist and a writer. She rarely does personal readings these days — but she will have one done for herself every time she's at a personal crossroads.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Cheech Marin married his longtime girlfriend, Russian-born pianist Natasha Rubin, in a sunset ceremony at their Malibu home, people.com reports. The ceremony was held in front of about 75 guests, including Hollywood pals Don Johnson and Robert Rodriguez. METRO NEWS SERVICES

#### California stars Entertainment Soccer ace David Beckham has teamed up with action star-turned governor Arnold Schwarzenegger and actor Rob Lowe to promote California to tourists. FEMALEFIRST.CO.UK

## Master of the mixtape

Director John Hughes was a modern day soundtrack guru

BRYAN BORZYKOWSKI for Metro Canada

It's hard to find a soundtrack these days without a song from some up-and-coming indie band, but that wasn't the case twenty years ago. In the '80s movies often showcased big name pop acts, so when John Hughes who died Thursday included a song from a little known U.K. act in the opening scene of The Breakfast Club it made waves through the music and movie communities.

The song, Don't You Forget About Me, not only gave Simple Minds their first and only number one hit stateside, it transformed Hughes from a talented director to

"I don't look at the album as a marketing tool, because I think if you do that then you're going to fail. I'm not gonna say, 'Look, you guys are real hot so we'll stick you in the movie and we'll get it in all these stores and all these stations.' That isn't right." — John Hughes, 1950-2009

pop culture trend-setter.

A lot of directors just threw in tunes because they sounded good, but Hughes chose songs that meant something to a scene or a character," says Michael Perlmutter, a Toronto-based music supervisor with Instinct Entertainment. "He was one of the first modern day soundtrack gurus."

Plenty of other bands also found success after appearing in a Hughes movie -The Smiths in Pretty in

Bueller's Day off to name two - but more importantly the director is, arguably, responsible for making new wave the soundtrack to the

"Hughes was breaking bands," says Corey Marr, a Toronto-based producer whose new film, Passenger Side, and its eclectic soundtrack, will make its Canadian debut at the Toronto International Film Festival in September. "He wasn't going into back catalogues (of popular acts) — a lot of that

synth pop was new."

Besides discovering new music, Hughes' ability to marry scenes with sounds was revolutionary in itself.

"For Hughes, the music and the movie were one and the same," says Marr. Listening to one of his soundtracks was a logical extension to his movies."

"He found the right tunes for the right scenes and somehow captured the entire pulp culture in three and a half minute songs, adds Perlmutter.

While Hughes' movies and musical choices still have an enormous impact in pop culture today, a lot of directors haven't paid as much attention to their soundtracks as he did.

Marr says that movie scores are still record label

Gossip Girl (HDTV)

Ferris Bueller's Day Off, above, was just one of many films that director John Hughes, right, used to showcase new music. Hughes' ability to marry scenes with sounds was revolutionary.

marketing tools, but there are a few directors like Cameron Crowe, Quentin Tarantino and Wes Anderson who use the "John Hughes method" of creating soundtracks.

And that method, Hughes

told MTV news in 1986, means a song "can't just be written apart and shoved in. It's got to come out of the action. It's got to talk about the characters, not the story, it has to augment that

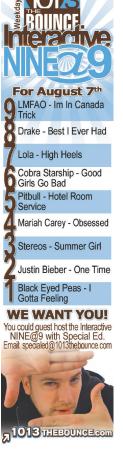
#### 10:00 Who Wants to Be a Millionaire Dating in the Dark (N) Two/Half Men | Big Bang Th CBC News: The National TM7 (N) Gossip Girl (HDTV) Atlantis Just for Laughs Chère Betty (HDTV) (N) (SC Bons baisers de France (SC) Le Téléjournal La Petite vie The Insider (N) Entertainment How I Met Engagement Laura Cadieux Km/h (SC) Two/Half Men Big Bang Th Monk (HDTV) (SC) News Final (N) Criminal Minds (HDTV I aw & Order: Criminal Intent EastLink Television Two/Half Men Two/Half Men Teen Choice 2009 Honoring the Fox First Dateline NBC Forced-Marry Extra (N) Our World Law & Order: Criminal Intent CBC News: The National NRC No Great American Road Trip ( The Hour Larry King. History Detectives (N Greater Boston Chronicles Antiques Roadshoy History Detctvs Dr. Wayne Dyer: Excuses Begone CSI: NY (SC) Worldfocus C't'une joke Pratique privée (SC) Business News Taking Stock Larry King Live (N Market Call Money Talks Market Call Campbell Brown (N) The Golf Fix Top 10 Cooper 360 Learning Lessons MLB Baseball Toronto Blue Jays Lessons Lough Erne Highlights Lessons Sportsnet Con. (10:15) WWE Monday Night Ray Pimp My Ride Pass Time This Week in NASCAR (N) SuperCars SuperCars Auctions Wizards-Place Life Derek 45 45 45 FAM 26ey 10 Debets 26 26 26 TREE Ni Hao, Kai-lan Big & Small 27 27 27 YTV iCarly Drake & Josh Jimmy Two Total Drama 6TEEN Futurama Little Bear Punch Robot Chicken Max & Ruby Backyardigans Nght Grdn Franklin Bucket-Dinos Comfy Couch The Next Star 2 League-Evil Zixx Level The Next Star Lat z z z Y 11V | Licarly | Drake & Josh | 16 16 16 A&E | Intervention "Jason" | 70 70 70 APTN | APTN National News (N) | 50 50 50 BET | 106 & Park: BET's Top 10 Live (N) | 37 37 37 BRVO | Wind at My Back | 50 50 50 APT | Dedicated Court of the Court o Intervention "Joey" (N) Intervention "Janet Intervention "Sandra Obsessed (N) Rendez-vous sur la Lune (1995, Fantas Pachamama Steve Harvey: Still Trippin' Stand-Perreault Dance Altered by Elvis Streets of Encounter Cheerleaders Cheerleaders Air Farce 22 Minutes Home Improve. Home Improve. 22 Minutes Corner Gas Reba Reba The Simpsons South Park Air Farce 22 Minutes World's Wildest Police Videos Comedy Now Dumb Criminal Cops Uncut Legal Briefs Police Videos Dirty Jobs "Animal Barber Heli-Loggers House Hunters Property Virgin My First Place Marriage I Finding the Fallen House Hunters 46 46 HIST Tank Overhaul 17 17 MM Shot at Love-Ti 19 19 MMM mmtop10.ca NCIS "In the Dar Tank Overhaul NCIS Degrassi: TNG Instant Star Shot at Love-Tila Tequila Gene Simmons Celebrity Rehab Sanctuary (Part 2 of 2) Dog the Bounty Hunter The Daily Fix With Dr. Drew Entourage Nurse Jackie | 13 | 13 | MNNNN | ININIOPIUCA | 201 201 201 M1 | (6:20) The Chair (2007) | 48 | 23 | 23 | OLN | Mantracker | 51 | 51 | 51 | PEACH | Seinfeld | Frien Durham County (N) Stargate Atlantis Ghost Hunters Family Guy The Wedding Singer \*\*\* (1998) Family Guy Family Guy (8:15) Habitat \*\* (1997, Science House-Payne House-Payne on). Alice Krige and His Dog \*\* (1975) Le Téléjournal (S 24 Heures en 60 minutes RDI en direct Grands reportages (S | The Last Templar \* (2009, Adventure) | Nearly Dead | Nearly Dead | Meteor \* \* (1979, Science Fiction) | Kink in Hair Newlywed The Outer Limits Cashing In Skin Deep Til De Stargate Atlantis (DVS) Til Deht-Part Star Wars IV: A New Hope \*\*\*\* (1977) Canada's Next Top Model Tor Tonight Show Cake Boss (N) Jon & Kate Carlawood Prod. Parker Ground Up Smarter ous gastrono Past Life Investigation Most Haunted The Closer (Part 2 of 2) Ship Sinkers Me and Luke One Tree Hill (HDTV)

#### critics'corner\_

Teen Choice 2009
The Jonas Brothers host and perform during this high-energy awards presentation honoring awards presentation nonoring the year's hottest teen icons for contributions to television, music, film, sports and fash-ion. The Black Eyed Peas are slated to perform. 9 PM on CIHF, FOX

Altered by Elvis
There's more to some Elvis fans
than just making a yearly pilgrimage to Graceland. This 2006 age to Graceland. This 2006 documentary from directors Tiffany and Jayce Bartok follows the lives of those who are still feeling the effects of having loved or hated the King — including the guy who styled the deceased Elvis' hair prior to burial. 10 PM on BRAVO

Nurse Jackie
As Jackie and her daughter
(Edie Falco, Ruby Jerins) start
a tap-dancing class, she finds
herself doing another kind of
tap-dancing at work. With Coop
(Peter Facinelli) threatening
to expose her for falsifying an
orran dono's record, she baits organ donor's record, she baits organ donor's record, she baits him into an inappropriate touch — with surprising results. Speak ing of inappropriate touching, Jackie needs help removing her wedding ring before a tryst with Eddie (Paul Schulze) in the new episode "Ring Finger." 11 PM on M1



**14** entertainment



Daniel Baldwin and his wife, Joanne, welcomed their second baby girl Friday, his rep tells usmagazine.com. Finley Rae Martineau Baldwin was born at 9:35 a.m. at Cedars-Sinai Medical Center in L.A. METRO NEWS SERVICES

#### **Celebrity Buzz**

### Kara 'shocked' that Paula left Idol

INTERNAL POLITICS Kara Dio-Guardi is still shocked that Paula Abdul has quit American Idol after eight seasons, usmagazine.com reports.

"I can't get over it. I'm completely shocked," she said on Ryan Seacrest's radio show Friday. "It's such a loss for the show, such a loss for the contestants. She's definitely the heart

of the panel.
"The kind of heart she treated the contestants with she treated me with last year." said DioGuardi. who added that she was

"scared" joining the show last season. was so kind to me and made me feel im-

mediately like part of the panel.' She added that she hopes "will Abdul

reconsider" her decision to leave. Dio-Guardi shot down speculation that she was hired last season as

insurance policy an against Abdul in case she

Abdul - who left show because she re portedly she didn't sired \$20 million IJS deal

- isn't sweating the fact that she is out of a job. "At this point, there are so

many wonderful things that are being offered to me," Ab-dul told the media late last week.

> METRO NEWS SERVICES

#### Posh ready to fight Simon

INCOMING JUDGE Victoria Beckham is looking forward to sparring with Simon Cowell when she sits in as a judge on the up-American 14 of Idol. replacing briefly Paula Abdul.

"He has a very tongue-in-cheek British sense of huwhich I have mour, Beckham too,' Rvan

told Seacrest on his radio show. "I'm looking forward to a bit of banter. I hope he does give me a little bit of a hard time. I love that. I feed off of that.

Baby girl for Baldwin

Beckham also admitted while that. doesn't know Cowell well, they two have crossed paths be-fore. "He is the only man in the music industry who turned down the Spice Girls and said we would never

work." METRO WORLD NFWS

#### Neverland on the move?

WACKY PLANS Plans are reportedly being discussed to relocate Michael Jackson's beloved Neverland Ranch to the Nevada desert and turn it into a Gracelandstyle tourist attraction, according

to E! News.

"The idea is

to take physically everything that's not part of the dirt and reassemble it in Las Vegas," a source said. The new Neverland would include a museum, theatre and possibly a burial plot for Jackson's

bodv. METRO WORLD NEWS

### **Back-to-back dates for Rob and Kristen?**

fore jetting off to Vancouver to begin filming Eclipse, Robert Pattinson and Kristen Stewart got some downtime together and enjoyed a concert in Hollywood on Thursday night and then again on Friday. people.com reports.

The Twilight stars snuck into Bobby Long's concert at Hotel Cafe about three songs into his set with Pattinson's close pal Marcus Foster (who wrote a song

on the Twilight soundtrack) on Thursday. The group watched the per-

formance from a curtained-off area on the stage where there was sound equipment and a few bar

"Robert was super lowkey when he walked in,"



unnoticed by fans the entire night. After Long finished his set, the group quickly exited the venue and jumped into a waiting

The two headed out for a second night in a row Friday, this time catching Foster's show at Hotel Café. They later showed up together with a group of pals at the Chateau Marmont, and hung out well into the night.

METRO NEWS SERVICES

### **Director sticks up for LiLo**

TRUE FRIENDS At least someone is willing to come to the defence of Lindsay Lohan. Director Robert Kodriguez, who's working with Lohan for his next film, Machete, says the notoriously troublesome actress is being very professional.

"I already shot some great stuff with her. She's fantastic," Rodriguez told Metro while promoting Shorts, his latest release. Rodriguez insists Lohan's previ-ous work troubles are absent on this

project. METRO WORLD NEWS

metr⊕

## Jessica predicted her breakup?

PRESCIENCE Jessica Simpson hinted at fissions in her re lationship with football player Tony Romo in an interview conducted before the couple split, femalefirst.co.uk reports.

The singer-actress was said to have been devastated after Romo dumped her on the eve of her 29th birthday last month, but she appeared to have sensed their time was over, hinting at a split in

an interview with Glamour magazine.

She told the publication. "If this article comes out and we're not gether, I'd still love him, and he'd still be a huge part who I am today.'

Simpson went

heap praise on her ex, crediting him with help-ing her feel attractive despite media scrutiny focused on her body. She added: "Tony never ever places judgment. You can just relax and feel beautiful. He's just that type

of person." METRO NEWS SERVICES

### **Sharon has** nothing to hide on mag cover

**COUGAR** Sharon Stone has posed topless at 51, and she's proud to flaunt it, the huffingtonpost.com re-

The actress and humanitarian graces the cover of French weekly magazine Paris Match in a highwaisted bondage corset, black underwear, stilettos arms over her head and topless.

There are also several





metronews.ca

NOT SO TALL TALES

#### Joan plays it safe Gerard loves a tough one at celebration TOO MUCH INFORMATION Gerard Butler is attracted

PARANOIA? Joan Rivers apparently has trouble trusting others. The comedy legend hosted a party at her swanky Upper East Side penthouse recently to celebrate her new TV show, How'd You Get So

Rivers reportedly hired three security guards to make sure no one made off with any of her valuables, according to Page Six. METRO WORLD

to powerful women. femalefirst.co.uk reports. The actor, who was recently romantically linked to Jennifer Aniston, will happily sur-render himself and be dominated when the right lady comes along. He said: "It's

amazing to be overpowered and overawed by somebody, and to feel that excitement come over you, and to take yourself out of your own head." Butler admits he has only opened up his heart to a handful of women and prefers to emotions his locked up. METRO

NEWS SERVICES







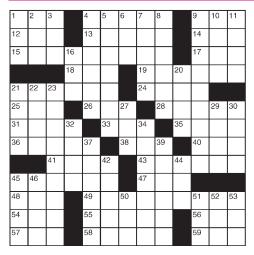
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### entertainment 15

Take Five

#### more delicious Metro recipes, visit: metronews.ca/food



#### Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	6				4		
			9	7				8
7					8			3
		3	1		5		6	
	1			4			5	
	5		7		2	9		
1			5					9
4				6	9			
		9				3	8	

1 Make inquiries 4 Like old bread 9 Tend the lawn 12 Eisenhower 13 Apiary homes 14 "— not choose to run" 15 Thanksgiving pie filling 17 Neither mate 18 Lincoln 19 Safe and sound 21 Panda's fodder 24 Towel marking 25 Mentalist Geller 26 Boxer 28 Chinese peninsula 31 Go under 33 Pitch 35 Unopened tulip 36 Spud

38 "Help!"

garland

40 Hawaiian

41 Army vehicle

On the web

WE'VE BEEN

ON OUR

WORKING HARD

PLAYING SKILLS

43 Not prone to bragging 45 Eyepiece 47 — Baba 48 Book-spine abbr. 49 Mesabi Range site 54 Prior to 55 Cybermessages 56 With it, once 57 Knock 58 Settle a debt 59 Scratch the

surface 1 Intention 2 Go schussing 3 Barbie's cohort 4 1984 Cyndi Lauper hit 5 Break 6 Rd. 7 Tether 8 Regard 9 Tiny 10 Smell 11 Had on

16 "Cash —'

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4 7 6 3 9

9 3

5 3 9 4

8 2 9 7 1 4 5

3 4 8 5 6 2

9 2

6 8

20 Grouch

21 Sample of statuary 22 Diva's rendition 23 Bourbon recipe 27 Petrol 29 Brewery products 30 Last writes? 32 — over (faint) 34 Bucharest's

tool 39 Excluding all else 42 Beef rating

44 Insult 45 Finished 46 Mrs. Julius Dithers

50 Siesta 51 Resistance measure 52 Afternoon social 53 Spring mo.

8 2 6 1 4 5 7 3 9

8 2 6

5 1 7

7 1 5 4 2 3 9 8 6

8 2 5

6 8 5 4 1

3 9

land 37 Hole-making

2 tbsp (25 ml) olive oil 1 large onion, chopped

seasoning diced tomatoes

(2.5-cm) pieces 1/4 tsp (5 ml) salt 1 container (16 oz/454 g)

Parmesan cheese 9 no-boil lasagna noodles 2 cups (500 ml) shredded part-skim mozzarella

#### Metro Recipe of the Day



#### **Eggplant Lasagna**

2 cloves garlic, minced 1 tbsp (15 ml) Italian 2 cans (19 oz/540 ml each) 1 can (28 oz/796 ml) tomato 1 small eggplant (12 oz/375 g), peeled and cut into 1-in. low-fat silken tofu, drained 2 large eggs 1 cup (250 ml) grated cheese

#### METHOD:

1. Preheat oven to 400 F (200 C). Heat oil in large pot over medium-high heat. Add onion and cook until tender, 5 minutes. Add garlic and Italian seasoning and cook 1 minute. Add tomatoes and tomato sauce; bring to a simmer. Reduce heat to low and simmer until flavours are blended, 40 minutes. 2. Meanwhile, coat baking sheet with olive oil cooking spray. Add eggplant, coat with cooking spray and sprinkle with salt. Roast, turning occasionally, until browned, 30 minutes. 3. In food processor, combine tofu, eggs and Parmesan cheese; purée until smooth.

4. Coat 9 x 13-in. (3.5 l) baking dish with cooking spray. Spread 1 cup (250 ml) sauce on bottom of dish and arrange 3 lasagna noodles on top. Spread half of tofu filling over noodles, followed by half of eggplant. Top with 1-1/2 cups (375 ml) sauce and 1/2 cup (125 ml) mozzarella. Repeat with another layer, then top with remaining noodles, sauce and mozzarella.

5. Cover with foil and bake 1 hour. Remove foil and bake until heated through. about 15 minutes. Let cool slightly before serving.

**SERVES 12** 

#### rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out Key Ingredients in this month's Reader's Digest, on



#### Horoscopes by Sally Brompton sallybrompton.com

#### For Sally's expanded daily and weekend horoscopes, visit metronews.ca

#### ARIES MARCH 21-APRIL 20

Creatively and romantically you have much to offer and the next few days will be special. Make sure you know what you want, and where to get it.

#### SEPT 23-OCT 23

You are entitled to your opinions, so speak up and let the world know what you think and why. Just don't expect that everyone will agree with you.

#### TAURUS APRIL 21-MAY 21

No matter what happens today or later this week you must stay calm and not let people get un-der your skin. Think of life as a game — really, that's all it is.

#### **SCORPIO**

OCT 24-NOV 22
You won't fully enjoy the good things until you take control of your destiny. Today's cosmic set-up will help you break free of things that are limiting you.

#### **GEMINI** MAY 22-JUNE 21

You'll be happiest this week when visiting new places and meeting new people. You'll also be super friendly between now and Aug. 22.

#### **SAGITTARIUS NOV 23-DEC 21**

In the next few days your view on the meaning of life will change profoundly. "Spiritual" issues, for lack of a better word, take on more importance.

#### CANCER JUNE 22-JULY 22

The sun's transit of the money area of your chart encourages vou to take on new ventures. but don't start them until you know how much they'll cost.

#### CAPRICORN **DEC 22-JAN 20**

Now is the perfect time to clear out physical and emotional junk from your life. If you feel like scrapping everything and starting again, go ahead.

#### LEO JULY 23-AUG 23

Even if you don't see results immediately you will be encouraged to try new things and take new risks, one of which will pay off in a big way.

#### **AQUARIUS JAN 21-FEB 18**

It may seem as if others are having a great time while you're struggling, but it's not that bad. Get involved with things in your neighbourhood.

#### VIRGO AUG 24-SEPT 22

You have nothing to fear and everything to look forward to but you can't shake the feeling that something awful is going to happen. Well, it's not.

#### **PISCES**

FEB 19-MARCH 20

A job worth doing is worth doing well and you're determined to prove you can be trusted to deliver on time and to the highest standards

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